

POSSIBILITIES. ♦ ♦ ♦

From NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 (218-236-9783) ♦ www.willardswater.com ♦ July, 2005

Power Lines & Childhood Leukemia

New research published in the British Medical Journal and conducted in England and Wales found that kids who live close to high-voltage power lines may have a higher risk of leukemia.

In fact, the results were so astounding, the researchers said the large impact indicated by the study, may mean the impact was due to chance, since it apparently seemed too large for them to totally believe.

The researchers found children who lived within 200 meters of high-voltage power lines at birth seemed to have an “astounding” 70% higher risk of leukemia compared to kids who lived beyond 600 meters from the lines. Researchers say a slightly higher risk was also seen among those who lived between 200 and 600 meters from the lines at birth.

More than 29,000 children with cancer, including 9,700 with leukemia were enrolled in the study. The children were born in England and Wales between 1962 and 1995. Kids without cancer

born at the same time from the same area were also evaluated. Each child’s home address at birth was calculated to determine distance from the closest high-voltage power line.

Researchers said because the results were surprising they won’t rule out attributing them to some other cause. They say the low average level of exposure to magnetic fields at these distances is not thought to be strong enough to be directly linked to cancer. In an editorial that accompanied the publication of the study, Heather Dickinson from the University of Newcastle upon Tyne, said, “Magnetic fields from power lines are very weak — only about 1% of the earth’s magnetic field which affects all of us all the time — so it would be surprising if they caused leukemia. The increased risk closer to power lines may reflect some other factor that varies geographically.” No excess risk of any other kind of cancer was indicated by the study. ♦

Drink That Knocks Out Intestinal Viruses?

That’s what researchers think cranberry juice may be. It’s been known for some time to heal urinary tract infections, but now it’s been found that it may fight gastrointestinal viruses, too.

Researchers from St. Francis College in Brooklyn, N.Y., presented their findings at the 105th General Meeting of the American Society for Microbiology in Atlanta, in June of this year.

They tested the juice’s power against intestinal monkey rotavirus SA-11 as well as goat intestinal viruses. It prevented the virus from attaching to red blood cells or infecting its host cells. When examined with electron microscopy, no viral particles could be seen in the cells treated with cranberry juice, or as they put it, the “addition of commercially available cranberry juice cocktail to intestinal viruses resulted in viral reductions below detectable...levels”.

Cranberry juice tastes good too! ♦

Good Bye Cellulite?

Wouldn’t that be “good riddance” for those affected by it? Cellulite is actually fat deposits under the skin that give the skin a dimpled, or orange-peel like appearance. Cellulite is especially common in areas such as the hips, buttocks, or thighs. Oddly enough, it is said that cellulite is predetermined by genetics so even thin women can develop the appearance. And, on the contrary, even people diagnosed as “morbidly obese” are not necessarily genetically predisposed to cellulite and may display no symptoms of it.

We’ve seen nearly countless products over the years that are alleged to help reduce or eliminate cellulite and most of them we fear probably do little or nothing as promised. But when a call from a very happy customer of ours came in recently, telling us that she and a number of her friends were drinking the Willard Water because it had gotten rid of their cellulite, we took notice. Because we’d had the same kind of call several years ago, with the same report. That’s when I (Kolleen) recalled that many years ago (like in the 70’s) I had a lot of cellulite, but for many years now, I’ve had none. Odd that as I’ve gotten older and heavier, my cellulite has left me! But, like the two callers just mentioned, and as all you regular readers know, I’ve certainly been a regular Willard Water drinker for the past 23 years! We searched the web and found one information site that noted improved circulation can reduce cellulite. Willard Water, of course, has often been noted for improving circulation (example: cold hands and feet stop being cold!). Connection to cellulite reduction? We certainly don’t know, but we know of some people who are convinced by their own experiences.

Best info we found: factsaboutcellulite.com and cellulite-treatment-guide.com . ♦

Raisins, Cavities, and Gum Disease

Researchers at the University of Illinois at Chicago College of Dentistry found compounds in raisins that stop the growth of several kinds of oral bacteria linked to decay and gum disease.

They identified five phytochemicals—antioxidants found in plants—in Thompson seedless raisins.

One of the phytochemicals, oleanolic acid, limited the growth of two types of bacteria that cause cavities and gum disease. The compound also kept the bacteria from sticking to teeth which can cause plaque and erode tooth enamel.

The California Raisin Marketing Board funded the research, which was presented at the 105th General Meeting of the American Society for Microbiology in Atlanta in June, 2005. ♦

Drink Diet Soda, Gain Weight

A new study has come out that found people who drink diet soft drinks don't lose weight, but, instead, they gain weight.

Sharon P. Fowler, MPH, and colleagues at the University of Texas Health Science Center, San Antonio, reported on the findings of their 8-year collection of data to the American Diabetes Association meeting in San Diego.

Fowler said it didn't surprise the researchers that total soft drink use was linked to overweight and obesity, but what surprised them was that when they looked at people only drinking diet soft drinks "their risk of obesity was even higher". For diet soft-drink drinkers, the risk of

becoming overweight or obese was 36.5% for up to 1/2 can a day, and 57.1% for more than 2 cans a day.

Editor: What surprises us is that it's taken this long for mainstream research to find and discuss what we've reported on from alternative health experts for a number of years. Those experts have been pointing out that sugar substitutes trigger the insulin response and also increase sugar cravings and lead to more weight gain. At least it's good the mainstream is beginning to catch up. Will Texas take as tough an approach on such "fake sugars" as it did in its approach to the herb Ma-Huang, which it took off the market? ♦

Diet & PMS

Calcium and Vitamin D have been known to help treat PMS for some time, but a new study found taking the two supplements may *prevent* the development of PMS. Intakes of about 1,200 mg of calcium and 400 IU of Vitamin D, were found to make the difference.

Researchers said about four servings of skim or low-fat milk, fortified orange juice or low fat dairy products, like yogurt, would provide the necessary amounts of the two nutrients, if desired instead of taking calcium and Vitamin D supplements.

We have high quality Calcium in Item Nos. J-25, J-201, or J-203; Vitamin D in Item No. J-24. ♦

New Theory on ASTHMA

Researchers from Duke University in Durham, N.C., have found a substance that naturally opens airways may also protect against asthma. They say this had led to a new theory—that impaired airway *relaxation*, not just active *constriction*, is a more important cause of asthma than previously thought. Jonathan Stamler, M.D., from the Howard Hughes Medical Institute at Duke University, said, "Our findings suggest the disease may stem from a deficit in the natural bronchodilator that normally relaxes airways." The natural compound they discovered was nitrosoglutathione (GSNO), which helps keep airways open. Results of an animal study showed mice with higher levels of GSNO were much less likely to develop asthma than normal mice; mice with GSNO deficiencies developed asthma.

Loretta Que, M.D., from Duke, says people with asthma are also deficient in GSNO.

Editor: Given the large number of reports we've received from asthma sufferers over the years who have said their asthma greatly improved after they began drinking Willard Water regularly, we wonder if there is some way it has helped to relax the airway, or if it has somehow helped them to overcome or reduce a GSNO deficiency they may have had. We wonder this because of all the experts who have said Willard Water increases the absorption of nutrients that some people's bodies' just don't absorb well on their own, and others who have pointed out how well WW reduces inflammation. No scientific proof of this, but the asthma sufferers who have reported it, are convinced since the improvements came when WW was the only change made. ♦

Vitamin D Wards Off Prostate Cancer?

A new study found men who spend more time in the sun are less likely to develop prostate cancer. However, since sun exposure can lead to other cancers, researchers stopped short of recommending sunbathing to ward off prostate cancer. The same researchers had previously found Vitamin D helps keep cancerous cells from leaving the prostate and traveling to other areas of the body, along with keeping the prostate healthy. The study found men with favorable genetic profiles and high sun exposure had a 65% risk reduction; men with just high sun exposure had a 50% reduction. Our Vitamin D is Item J-24. ♦

Trivia & Tidbits . . .

1. In what city are most of the grocery-store egg rolls sold in the U.S. produced?
2. What is the only essential vitamin not found in the white potato?
3. If man had a jumping ability proportional to that of the minuscule flea, which has a horizontal leap of over a foot, how far would one leap take a man?
4. An octopus has eight tentacles. How many does its relative the squid have?
5. Why did Freud sit behind his patients' couch during their sessions?
6. How many eyes, or eye spots, do most starfish have?
7. To what plant family do rosemary, oregano, thyme and marjoram belong?
8. How fast do microwaves travel?

AND THE ANSWER IS...

1. Houston, TX.
2. Vitamin A.
3. Five city blocks.
4. Ten.
5. He said, "I cannot bear to be gazed at eight hours a day."
6. Five—one at the tip of each arm.
7. The mint family.
8. At the speed of light—186,282 miles per second, as does all electromagnetic radiation including radio waves, infrared rays, visible light, ultraviolet light, and x-rays.

ON "THE WEB"!

www.willardswater.com

(Note: "willardswater" is all one word, all lower case with an "s" between "willard" and "water"—that's how people usually ask for it!) *Come visit!*

Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is "opinion", nonetheless. We also have a vested interest in most of these topics, so don't claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don't prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

The Small Print is No Problem Any More!

I've written in this column before about our search for a nutritional product that would benefit vision as much as the long-ago product called "Eyes" that was so helpful to so many people.

Unfortunately, that product disappeared from the marketplace when the small company that had formulated it

She'd graduated from a small magnifying glass to a very large one... but now she's down to NO magnifying glass!

went out of business. Was really a shame, and a sad day for all those people who had benefited from it.

Well, as I said, we've been "keeping our eyes open" for a replacement of it ever since. We've tried a number of nutritional products marketed as vision support items, but none have given the results of that old "Eyes" product.

Until now. Now, we think we may have found it!

I wrote not long ago about the product our revered supplier Daily Mfg. had come out with called "Eye-Vite", which we were hoping might be a good one.

My wife, Kolleen, started taking it about 2 or 3 months ago, and the other day she noticed that the "little tiny numbers on the credit card receipts we print out for all credit card orders seemed much bigger!"

The numbers weren't any bigger, of course, but now that she could read them without the help of a magnifying glass they *seemed* a lot bigger to her! In fact, she had graduated to a very large magnifying glass in order to read them from the small one she'd originally kept

handy for that purpose.

Kolleen started wearing glasses at about age 3 and she's 54 now. She has been told by the last few eye doctors she has seen (optometrists and ophthalmologists) that they "can't get her to 20/20 vision" no matter what type of prescription they give her. Just a combination of things wrong.

But with the amount of close work she does in researching and producing this newsletter (she does most of it), along with other promotional pieces, etc., her eyes have gotten steadily worse. Add aging to the mix, and I guess we shouldn't have been surprised.

But it's always disturbing to know one's vision is steadily declining. Especially when you're only 54 and can expect it to continue to decline.

That's why it's been pretty exciting to get her "daily report" on her continuing improvement in reading those credit card receipts. Not only is the type small, but what she's reading is the carbon copy, which is quite light since the machine is fairly old and doesn't make a very strong impression.

So far, she hasn't had a single error in reading them. Before, she often gave up even *with* the magnifying glass.

She says it's a real sense of victory every time she looks at those numbers and "whips through them without any help".

So what's in this "Eye-Vite" formula that makes it seemingly so helpful?

I'll just quote directly from the information on its label:

"Daily Eye-Vite is a protective formula for eyes based on the latest scien-

tific research.

Eye-Vite contains the most important nutrients at the optimal dosages for maintaining visual health. Lutein, zeaxanthin, lycopene, and beta carotene pigments and antioxidants that protect the macula. People with low macular density of these pigments have been shown to be at increased risk for macular degeneration. Gamma-aminobutyric acid (GABA) is an important neurotransmitter that has been shown to improve visual function as well as cognitive and motor functions. Bilberry extract and Vitamin E are potent antioxidants that help prevent oxidative damage to the eyes. Zinc is an important healing agent that has been shown to protect against vision loss in adults."

"... the little tiny print isn't so tiny any more!"

The suggested dose is one capsule twice a day with meals. There are 60 capsules in the bottle, so one bottle is a month's supply at that rate. At \$32.95 per bottle it's not cheap, but if you're like Kolleen, you may well regard it as one of the best buys ever! She is certainly adamant about her plans that she will never go without it, since it has seemingly not only significantly improved her vision, but it has ingredients that could protect that re-gained vision, from future loss.

And I certainly agree. You can't put a price on the value of vision.

It's Item No. J-115 on our order form.

I have to admit, when Daily's came out with this formula I had reasonably high hopes for it, just because we've developed such faith in anything that comes from that firm. But, given the track record of other "vision products" we'd tried, I hoped it wasn't too much to hope for. It seems it wasn't. ♣

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A "MYSTERIOUS" RESCUE . . . How Would You Explain It?

Reprinted from December, 1997 Possibilities

The retired German Lutheran minister wasn't given to small talk. . . in fact, it was unusual to hear him make much conversation at all at family gatherings. But the day his daughter-in-law asked him if he'd ever had an unusual, or "supernatural" type experience, he had a lot to say--about a topic most people *never* discussed in public in those days (the '50's) -- people would think they were crazy!

But he told his story as straight-faced, and unemotionally as such a "stoic" man would. . . He was driving home in a blinding blizzard--it was one of those spring blizzards that could come up (and did) without warning. He was close to home so it seemed best to continue on his way, rather than risk being hit by another vehicle unable to see him in the "white out" that existed.

Suddenly, though, he did see something very clearly--a

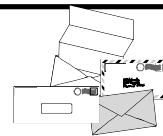
man waving his arms, signaling Fred to stop. So, Fred did. He assumed the man needed help, so he got out of his car and fought his way through the whirlwind of white to see what was needed. But when he got to the spot where the man had been, nobody was there. . . the only thing that was there was two footprints. None leading up to them, none leading away from them -- just two footprints -- "like they'd been planted there from above, with nothing disturbed on either side".

But, having come to that spot, Fred was able to see that the bridge he'd have driven over, wasn't there--it had collapsed in the storm. If "the man" hadn't stopped him he'd have driven into the ravine before he'd have known the bridge was out. His daughter-in-law (who is now our customer) asked him how he explained it. . ."Simple. It was my guardian angel." How would you explain it? ♦

(Editor: We invite you to send us your own "unexplained help" stories, for publication in this newsletter, identified or not.)



E-Mails, Mailbag & Phone Calls. . .



COPD, Diabetic Itch & More — "N.C." told us that due to her COPD she'd been oxygen-dependent, and used it every day, until she got started on Willard Water... 6 weeks after first ordering the WW she was no longer using oxygen regularly and said she "doesn't care if insurance takes it away". Besides that, she's diabetic and has found if she puts WW in the bathtub (about 2 cups from the mixed-up-gallon) and soaks in it, the itch goes away. And, on top of all this, she says people have been telling her she "doesn't even look like she's been sick" since she started on WW, despite the fact that she's had triple bypass for heart problems in addition to the COPD and diabetes. Better believe she's happy!

Calcium Deposits — "R.J." said her cousin had them on her spine, and those deposits had caused pain on her sciatica. That cousin had started on Willard Water in April '05, and by

June 9, '05, when R.J. called here with this report, her cousin said she has no pain.

Cows & The Honeymoon — "M.A." wrote to us that when her son Matt and his new bride were going on their honeymoon, M.A. and her husband were recruited to take care of Matt's cattle. Problem was the young heifers were so wild, Matt had been having trouble keeping them in the yard, so M.A. and her husband were worried about how they'd keep them contained. M.A. remembered how Willard Water had calmed down her flock of hens one winter and asked Matt if they could try WW on those wild heifers. Matt agreed, so WW it was for those unruly ones. Within a couple of days "we noticed a big difference. The cattle were much calmer and we had no trouble with them while the kids were gone. WW was the only thing difference ..so we're sure it made the difference." ♦



More Product Highlights & Updates from Charlie

ME? NAGGING? If so, let me think about what it's for!

“CHARLIE, I JUST WANT TO THANK YOU FOLKS FOR NAGGING ME EVERY MONTH!” So said a very long-time California customer in a recent phone conversation with me.

I WAS SHOCKED . . . Didn't really know how to respond! I didn't feel that Kolleen and I were “nagging” people in our nearly-monthly newsletter. But if that's the way we come across, then we plead guilty. And we are certainly “nagging” people in some positive directions.

We can ALL use some of that. Do I eat as well as I know how to? Pray nearly as diligently as I should? Work as efficiently as I could? Even take all the supplements that I know about that would be beneficial to me? No; of course not. And I do a pretty good job of “nagging myself” about such matters.

But if we WERE actually nagging you every month, what would we be saying? I've given that some thought, and here's what I came up with, said much less diplomatically than we normally put things.

A) MANY READERS ARE NOT DRINKING THEIR WILLARD WATER, OR AS MUCH AS THEY SHOULD!!!!

If every reader of this newsletter and one other person in that household were drinking the normal four (8 oz) glasses of Willard Water every day, and buying the concentrate by the GALLON (most economical way), our WW sales alone would be much higher than our total sales of ALL PRODUCTS actually are. So we know most people aren't getting nearly enough. So listen up: Anyone who has been so Blessed as to actually have access to REAL WW, and isn't

faithfully drinking it every day is passing up the most helpful, cost-effective health product available to them. Think about it . . . What “coincidences” had to occur for you to be led to this wonderful stuff? Probably close to outright miraculous! You wouldn't believe some of the stories we hear about how people found us!

And the reasons it may be helpful enough to you for you to somehow have been guided to it may be among “the water's” characteristics we've often mentioned . . .

- ◆ **Improved Absorption** — Getting more benefit out of the nutrients we are taking in, by absorbing them better;
- ◆ **Detoxifying**, thereby getting rid of the toxins and wastes in our systems that work against good health;
- ◆ **Neutralizing free radicals**, which are those nasty things associated with most of the problems related to aging, and some say to 90% of all disease problems;
- ◆ **Helping to get the body's ph to a more favorable level**, which in the opinions of many natural health experts is a big part of fighting many disease conditions, even cancer;
- ◆ **More effectively hydrating the cells** than regular water, which is critical for our body's health.
- ◆ **Reducing inflammation**, which in cases of injury or arthritis, etc., may be the biggest cause of pain.

- ◆ To say nothing of all the **benefits to the skin** when applied topically, along with drinking it.

And there are probably benefits even WE are unaware of! How about a glass right now?

B) Not Everyone Can Afford Strauss Heartdrops, but those who can and are Middle-Aged or More, SHOULD BE TAKING THEM!!!

The cost is hardly excessive . . . In the 100 ml bottles, at normal consumption, they run less than \$40 per month.

However, your health insurance provider, if you have one, will likely not pay for your Heartdrops. But they'll write out a \$50,000 check to cover your dangerous, “temporary-partial-fix-unproven-to-lengthen-your-life” bypass surgery, without batting an eyelash!! Isn't THAT amazing?

So, since insurance will pay for the one rather than the other, many good people are forced to make what they believe is the “wrong” choice.

Now I'm not saying that we have any PROOF that taking Heartdrops will reduce the chances that we will be told we need by-pass. But it is my UNEDUCATED OPINION that that is true. And a great many OTHER (Kolleen and I have taken them faithfully for over three years, at this writing) Heartdrops users will second that!

C) If you are working for someone else, instead of yourself, YOU MAY NOT WANT TO HAVE COLOSTRUM AVAILABLE.

It is my personal experience that colostrum keeps my immune system strong. I'm into my 23rd consecutive year without missing a day's work

because of a cold or flu, and I give most of the credit to my daily maintenance dose of colostrum.

Way back when I was getting paid by someone else, I would wind up typically missing two to four days of work a year because of such health problems.

And I really didn't mind all that much. I tended to work very long hours (not as long as here, for sure, but well over the standard 40 a week!) and didn't feel a bit guilty staying home and getting well. Figured I deserved the break, and I was indeed sick.

After all these years of Willard Water and colostrum, I've forgotten what it is like to stay home and nurse a cold or the flu.

D) MOST WOMEN reading this are old enough that they should be considering using THE PROGESTERONE CREAM!

Why? Doctor John Lee, MD, who eventually became something of the guru on this substance, was convinced by reading other people's research and doing his own, that use of this product would greatly reduce rates of all kinds of cancer, particularly breast, among women, and also make a very positive impact on osteoporosis. Which is nice, because often the first realization we have that our bones are thinning is when we break a hip. By then, it is awfully late to try to head it off.

Can't begin to do justice to these and all the other physical health benefits and "makes my emotional life simply go a lot better" sort of issues, in short comments here, but we certainly recommend that you invest in Dr. Lee's third book, "What Your Doctor May Not Tell You About Breast Cancer" . . . Worth its weight in gold.

E) THE WILLARD WATER-BASED GELS... Aqua Gel and Chinota Gel.

These don't come under the heading of "possible life-savers" like the other topics, but they certainly make life a lot more pleasant.

The **CHINOTA GEL** is something we've used in our own home for over 15 years. Initially in experimental versions, then, beginning about a dozen years ago, in its final form. We are both subject to occasional muscle aches in the back or neck (working at our desks too long, or whatever). When we rub Chinota on those spasms, they typically are gone in a few minutes. Those who have other aches and pains in muscles and joints sing its praises to us when they re-order, again and again. Everything from severe arthritic joint pain, to carpal tunnel, and migraine headaches.

The **AQUA GEL, which has an even longer history**, is, for all practical purposes, simply WW thickened into a lotion-like consistency. We use this for just about any skin problem one can imagine. We and other users put it on **burns, sunburns, psoriasis, eczema, acne, poison ivy, itches, rashes, warts.** The guy who first tipped us off to Willard Water, back in 1981 had WW catch his attention because he had had a rash on one ankle for about 15 years and had "tried everything" to get rid of it. Applied WW to it two or three times a day for about a week and it was gone and stayed gone! In the gel form it, of course, stays in place longer, so works better, and there are some minor supportive ingredients in it, too.

But in talking about the gels, I realize I'm mostly "preaching to the choir" . . . Nearly all long-term WW customers have long since figured out how good these two products are. They aren't BIG sellers because they aren't something one needs every day, unless using the Aqua Gel on face or hair, and a container of either lasts quite a long time.

F) THE WONDERFUL "DAILY" SUPPLEMENTS.

One of the many rather miraculous things that have happened to us was the "chance" beginning of our association with Daily's. They are deserving of a full newsletter at some future date. They are the source of all our supplements which have a product code beginning

with the letter "J", plus a few others. They don't sell anything unless:

- 1) they are convinced that it really is a substance that is effective and safe,
- 2) they can get the very best ingredients so they can PROUDLY put their family name on the product (if they can't do it proudly, they don't do it!), and
- 3) they have to be able to sell it at a price that you and I can afford.

Their rather new "Eye Vite" product is highlighted elsewhere in this newsletter. I also STRONGLY recommend their B-Complex, B-6 and B-12. And their humble, low-priced, MULTI-VIM gets a lot of praise from our customers who are making use of it. In my opinion it (like ALL their products) is FAR better than any "drug store variety" and sells for a very reasonable price.

There is the "off the top of my head list of things I really should nag you about if I was going to nag you about anything" list!

My wife, Kolleen, just took a look at this and said she totally agreed. But she thinks if there's any one point to make harder, it's that perhaps the reason Willard Water seems to do so many different things for different people, is the way it seems to work with each person's own body in helping them to absorb the nutrients their particular body isn't very good at absorbing. If one person doesn't absorb Vitamin C very well they may be prone to easy bruising with lots of black and blue marks to show for it. If their neighbor absorbs Vitamin C real well, but doesn't absorb Vitamin A well, that person might almost never have a black and blue mark, but they might well have a problem with their night vision. If they both start regularly drinking Willard Water and the first one sees far fewer black and blue marks, and the second one starts seeing better at night, does it mean WW is a bruise eliminator and a night vision creator? No. It means it helped them absorb what they needed. That may explain why it seems to have an endless variety of benefits, because the nutrients we all need (and the toxins and free radicals we don't) have such endless implications for our health. ♦